



# NEWSLETTER

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E-mail: [myreflexologystore@cox.net](mailto:myreflexologystore@cox.net)  
Web: [www.myreflexologystore.com](http://www.myreflexologystore.com)  
Blog: <http://myreflexologystore.blogspot.com>  
TEL: 401-714-5722/401-568-6449

## Some Terra Cotta Aromatherapy Pendants you won't find in the Store!

Aromatherapy is deliberately accessing wonderful aromas that make us feel good. Recall coming into the kitchen as a hot apple pie was being removed from the oven, the welcoming smell of fresh-baked bread, the smell of a fresh-cut Christmas tree? What is the first thing you do when someone gives you flowers? Enjoying Aromatherapy is as natural to us as breathing!

Aromatherapy is enjoying a resurgence in popularity and clinical studies are proving it is much more than we thought it was! Essential oils, the aromatic substance used in Aromatherapy, are a natural extract from plants removed in such a way that the life force of the plant remains intact! These essential oils contain the properties which protected the life of the plant: hundreds of unique chemical compounds in very highly concentrated, balanced state!

Terra-Cotta aromatherapy Feet pendants, with original footprints poem, are featured on-line for **\$9.99**. See below for a limited supply of other images, below, at the same low price.

Diffuse all day long on just one drop of essential oil, applied to the pendant.

**To order**, simply order the "feet" pendant on-line and **THEN** note the pendant you **really** want in the "Message To Seller" box found in the ordering section.

Aromatherapy is a Science of bringing balance to mind, body, spirit and emotions in a most natural way!

**How can you bring Aromatherapy into your life - in an easy, no mess, way? These pendants aren't only for WEARING! You can bring aromatherapy benefits ANYWHERE you can hang a pendant - On A door knob, in your car, a window, the bedroom, at work - anyplace that will be a better place with some Aromatherapy!**

**(For relief from insomnia & pain: Lavender & Bergamot - 1-2 drops on pendant and inhale as needed - keep by bed)**



## Foot - Hand - Ear Reflexology



I spent last weekend at a wonderful workshop learning the integration of Foot/Hand/Ear Reflexology with Bill Flocco. Bill is a wonderful teacher and his workshop contains a wealth of information for us and our clients. He is a true pioneer in our field and has dedicated himself and much of his time educating, researching and promoting the importance of Reflexology. Reflexology deserves to be a respected profession and Bill has done much toward this end. I encourage you to attend one of Bill's workshops if you get the chance. Also visit his website: [www.AmericanAcademyofReflexology.com](http://www.AmericanAcademyofReflexology.com). You can sign up for a newsletter and also print out copies of foot, hand and ear charts for free!

While you'd have to attend the workshop for all the benefits, a few things really stood out for me that I can share with you. It's been scientifically proven now that the "Egyptian Scene" that we like so much has nothing to do with Reflexology. It's a catchy notion, BUT - the truth is **MUCH BETTER!** Hand and Foot Reflexology, as we know it, was founded in the U.S. by two medical doctors, Fitzgerald & Riley, in the early 1900's. They addressed the

medical field and Eunice Ingham, who worked for Dr. Riley, took it to the masses and started her school. There are other versions, in other countries, but we can truly claim our methods were begun in the U.S.! Think about it! Doesn't that have a nice ring? It's a very 'professional' beginning! *(To read more on this, read Reflexology: Art, Science & History by Christine Issel.)*

Ear Reflexology was founded in France by Dr. Paul Nogeur in 1957, and very interestingly is the ONLY 'chart' that's medically affirmed as correct. (The others are somatic maps and can only be proven to be in the 'general' area through experience).

Also, We all love Foot reflexology and are very comfortable with it. We know we accomplish good things for our client. Bill asked us to consider the additional benefits of being able to address the client's needs through their hands and ears as well. What if.... we could triple benefits for our clients. Would we like to do that? Of course, we all said YES! And so started our weekend workshop! Think about a client coming and saying "my allergies are so bad, I can hardly breathe". We begin our work on the feet, the client starts to "de-congest". **We ask "Is that better"** & they may say "It's loosening up and I feel a little better". We can then go to another area (perhaps the hands next) and work, ask the question again. "Yes, it's really draining now - can I have a tissue. And THEN - we go to the third area (ears) .... We've addressed the problem in three different places along the zone - AND - we can give them some easy homework by telling them to work a particular area on either their ears or hands (whichever is comfortable for them to reach) if and when the 'stiffness' starts again. We'll be a hero! Is this good for our clients? YES! And, it's good for us and our business as well!

The above is really a simplified example, but you get the picture. I've attended three of Bill's workshops over the years and leave each one with valuable tools for my business and a lot to think about, specifically how my practice can help to educate and promote reflexology, as we become a recognized profession.

Last, but not least: **Educate, don't diagnose!**

Question: What's That?

Answer: Well, the source of the tenderness could be caused by:

1. Something in the foot
2. Anything along this particular zone
3. According to the reflexology charts it could be something in this part of your body (show them)

**In Summary:**

- Let's claim our heritage of Reflexology in the U.S.!
- Ask your clients for Feedback - it's important for them and for your work! (also, Bill repeats, and repeats..... LOOK at your clients when you're working on them - NOT just their foot/hand/ear...).
- Educate, don't Diagnose

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**Swollen Feet** (Woman's Day magazine - Heal Thyself)

**Remedy** - Fill a foot tub with ice water and another tub with warm water. Add a few drops of peppermint oil and alternate soaking for 5 minutes in each.

**Why it works** - Peppermint is an essential oil that relieves pain and relaxes the muscles. Alternating hot and cold will reduce the swelling.

*Nancy Bartlett, NBCR*

*The practice of positive imaging instills the courage and confidence  
to achieve your goals. (Principles of Positive Thinking)*

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